



DEPARTMENT OF THE ARMY
HEADQUARTERS, AIRBORNE & RANGER TRAINING BRIGADE
6850 BARRON RD, BLDG 85
FT BENNING, GA 31905

ATSH-RB

6 August 2014

MEMORANDUM FOR RECORD

SUBJECT: Commander's Validation of Ranger Course Prerequisites

1. Commanders at all levels should ensure that Ranger candidates are in top physical condition and meet all entrance requirements. The bottom line is that 65% of Students that pass the Ranger Assessment Phase (RAP) graduate from Ranger School. Commanders will accomplish this by certifying their Soldier on the Ranger Common Tasks within 90 days of the Soldier reporting to the Ranger Course (Enclosure 4). The Commander's Ranger Course Prerequisites Validation is recorded in memorandum format (Enclosure 1), and signed by the candidate's Company Commander, certifying their proficiency in these tasks and preparation of equipment. Ranger candidates not certified by their sending unit commander, or failing to provide a memorandum of certification will not be admitted to the Ranger Course. All enclosures are listed below.

2. Ranger candidates should not report for training until they meet all criteria outlined in Enclosure 2.

3. RAP is the first four days of the Ranger Course and assesses an individual's readiness to participate in Ranger training. Students who successfully complete RAP week will remain in training. Individuals who do not successfully complete RAP week will be released from training and returned to their units.

4. The POC for this memorandum is the Airborne & Ranger Training Brigade S3 at (706) 544-6445 or DSN 784-6445.

Encl

1. [General Requirements](#)
2. [Commander's Validation Memo](#)
3. [Medical Screening Form-Ranger](#)
4. [Ranger Common Task List](#)

//ORIGINAL SIGNED//
DAVID G. FIVECOAT
COL, IN
Commanding



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6850 BARRON RD, BLDG 85
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8 October 2014

MEMORANDUM FOR RECORD

SUBJECT: Enclosure 1 to Commander's Validation of Ranger School Prerequisites

1. General

- a. Students are not required to be Airborne qualified, but are encouraged to attend the Airborne Course prior to attending the Ranger Course.
- b. No security clearance is required to attend the Ranger Course
- c. No additional active duty service obligation (ADSO) is incurred by active army Commissioned officers for attending the Ranger Course.

2. Enlisted Personnel

- a. Enlisted applicants must have a standard GT (General Technical) score of 90 or higher in aptitude and 12 months or more active duty service remaining after the completion of the course IAW AR 614-200. Ranger training is available on a voluntary basis only for enlisted Soldiers who are E-3 and above.

3. Medical

- a. Medical fitness standards are IAW AR 40-501, chapters 2 and 5-3; the physical examination is performed IAW Chapter 8. All medical requirements and information including the Medical Screening Form, Physical Exam checklists with required laboratory and diagnostic testing, waiver forms, acclimatization guide, and other pertinent information are available on the ARTS website at the following link: <http://www.benning.army.mil/infantry/rtb/StudentInformation.html> (under the "Medical Information" tab).

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SUBJECT: Enclosure 2 to Commander's Validation of Ranger School Prerequisites

b. Medical conditions that are disqualifying for admittance into the Ranger Course are those requiring the use of chronic medications or regular surveillance, conditions that are on-going without resolution, or any condition that would make the Soldier non-deployable IAW AR 40-501.

c. Previous Hot Weather Injuries are precluded from attending classes from April-October. Previous Cold Weather Injuries are precluded from attending Ranger classes from October-April.

d. All students are required to provide a copy of the forms listed below. Do NOT bring your original medical records.

e. Personnel who do not meet medical fitness standards IAW AR 40-501, chapters 2 and 5-3 may request waiver consideration from the ARTB Physician Assistant. Contact the Brigade PA at (706) 544-6965.

(1) DD 2801-1 (Report of Medical History) and DO 28808 (Report of Medical Examination), complete, signed by a Physician (MD or DO), dated within 18 months of their reporting date for attendance at Ranger. Copies of laboratory results may be attached if they are not written on the DD 2808. Examinations performed by a Physician Assistant MUST be co-signed by a Physician.

(2) Memorandum from the Dental Clinic stating that the student is Class 2 Dental and has a current Panorex on file. Dentist signature MUST be on the DA 2808.

(3) LASIK/PRK waivers are only required if the surgery was performed within three months of the course start date.

4. The POC for this memorandum is the Brigade Senior TAC at (706) 544-7312 or the Brigade Physician Assistant at (706) 544-6965.

//ORIGINAL SIGNED//
DAVID G. FIVECOAT
COL, IN
Commanding



DEPARTMENT OF THE ARMY
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EXAMPLE

6 August 2014

MEMORANDUM FOR RECORD

SUBJECT: Company Commander Validation of Ranger Course Prerequisites

1. The below listed individual(s) have been tested and found proficient in the attached Ranger Tasks:

Doe, John	SGT	xxx-xx-6789
Buck, Joe	SGT	xxx-xx-9876

2. These Soldiers have also passed the following physical qualification tests within 90 days of reporting to Ranger School:

a. Pushups (minimum 49 repetitions in two minutes), Sit-ups (minimum 59 repetitions in two minutes), Pull-ups (palms facing the body; minimum six repetitions), Five mile run in 40 minutes or less.

b. Combat Water Survival Assessment consisting of equipment removal and 15-meter swim in ACUs and boots.

3. Myself or appointed representative has inspected and confirmed that the above listed Soldiers departed with all items and equipment on the Ranger School Packing list, complete health records (original or copy), or a completed Medical Screening Form-Ranger Qualified Physical Exam dated within 18 months of day one of Ranger School, and current Panorex or statement of Panorex availability and currency.

4. (Inspector must be SGT or above) SFC Pyle, Gomer, Platoon Sergeant, A Co, 1-24 Infantry inspected and confirmed the above Soldier had all required documents and equipment listed above.

5. The POC for this memorandum is the undersigned at (xxx) xxx-xxxx, or company.commander.mil@mail.mil.

COMPANY COMMANDER
CPT, IN
Commanding



Ranger School Physical Exam Checklist

PASS YOUR PHYSICAL! Check your physical exam. It's your responsibility to make sure all these blocks, labs and studies are completed. Do not assume it was done correctly. <u>ANY DEFICIENCY BELOW WILL PROHIBIT YOUR ENTRANCE INTO RANGER SCHOOL ON ZERO DAY.</u>		
	34 or younger	35 or older
REPORT OF MEDICAL HISTORY DD FORM 2807-1 (3 Pages)	X	X
Name and SSN completed on every page by service member	X	X
Blocks 1-29 completed by service member	X	X
Block 30 a, b & c completed by examiner	X	X
REPORT OF MEDICAL EXAMINATION DD FORM 2808 (3 Pages)	X	X
Name and SSN completed on every page by service member	X	X
Blocks 2-15 completed by service member	X	X
Blocks 1, 16-42, 44, 45-58, 72b, 73, 74 a & b, 77, 78, & 81 a & b completed by examiner	X	X
Exam must be dated <u>within 18 months</u> of course start date (block 1)	X	X
Blocks 43, 83 a & b completed by dentist (<u>Must be CAT1 or CAT2</u>)	X	X
Blocks 59, 61 & 63 completed by optometry (<u>per AR 40-501, Chap 5-3g</u>)	X	X
Block 71 completed by audiology or attached DD Form 2216E (<u>H2 OR H3 REQUIRE WAIVER</u>)	X	X
Physical Exam is qualified for "Ranger Training/School" (block 74a)	X	X
MD/DO Signature (block 81 a & b if exam was completed by MD/DO) (block 84 a & b if exam was conducted by a PA)	X	X
Ranger School physical examination lab requirements (Documented on DD FORM 2808)		
Urinalysis (block 43 a & b)	X	X
Urine Microscopy (block 73)	X	X
Hematocrit (HCT) (block 47)	X	X
Sickledex (Sickle Cell screening) (block 52a)	X	X
HIV (within 2 years) (block 49) Results and Date of test	X	X
Fasting Blood Sugar (FBS) (block 73)		X
Complete Blood Count (CBC) (block 73)		X
Fasting Lipid Panel (block 73)		X
Electrocardiogram (ECG) (block 73)		X
Rectal Exam with Stool Guaic (block 73)		X
Additional Requirements		
Printed copy of ECG report		X
Printed copy of lab results	X	X
Printed copy of Hearing Examination (DD FORM 2216E) (H2 or H3 Require Waiver)	X	X
Printed copy of RTB Surgeon Waiver (if applicable)	X	X
LASIK/PRK Waiver (if applicable) attached to physical. See below.	X	X

COMMENTS:

1. Ensure your provider checks Army Regulation 40-501 CHAPTER 5-3, 5-4 and 2 for conditions that require a waiver
2. It is highly recommended that you take this checklist to your TMC when you report for your examination.
3. If you are marked disqualified for any reason you must submit for a waiver through the RTB Brigade Surgeon.
4. LASIK/PRK waiver form is downloadable from the RTB Website. This is the "ONLY" authorized form to be utilized for Ranger School.
5. All other waiver request should consult the Medical requirements waiver section of the RTB Website for more information.
6. **BRING A COMPLETE COPY OF YOUR DD2808 & DD2807-1 (6 PAGES) AND EVERYTHING LISTED IN YOUR ADDITIONAL REQUIREMENTS**
7. **LEAVE A COPY OF EVERYTHING WITH SOMEONE WHO CAN E-MAIL IT FOR YOU on a weekend**
8. **If you have any questions contact 4th RTBn Peney Aid Station at (706) 544-6965**

TASK	GO/NO GO	DATE
(1) 071-025-0001. Maintain a M240B MG		
(2) Load, Fire, Reduce Stoppage, unload, and clear a M240B MG		
a. 071-025-0002. Perform Function Check M240B MG		
b. 071-025-0003. Load M240B MG		
c. 071-025-0004. Unload M240B MG		
d. 071-025-0005. Correction Malfunction M240B MG		
e. 071-025-0007. Engage Targets M240B MG		
(3) 071-COM-1030. Maintain a M249 MG		
(4) Load, Fire, Reduce Stoppage, unload, and clear a M249 MG		
a. 071-COM-4026. Perform Function Check M249B MG		
b. 071-COM-4027. Load M249B MG		
c. 071-COM-4028. Unload M249B MG		
d. 071-COM-4029. Correction Malfunction M249B MG		
e. 071-COM-4024. Engage Targets M249B MG		
(5) 071-000-0005. Prepare a Range Card, M240B MG		
(6) 071-325-4427. Employ a M18A1 Claymore Mine		
(7) Place into Operation and Troubleshoot AN/PRC-119/119A Radio		
(8) Send a Radio Message		
a. 113-587-2070. Operate SINCGARS Single-Channel (SC)		
(9) Use Night Vision Device AN/PVS-14's		
a. 071-706-0001. Operate Night Vision Device AN/PVS 14		
(10) 061-C02-1080. Call For and Adjust Fire		
(11) 052-191-1361. Camouflage yourself and your Individual Equipment		
(12) 071-329-1006. Navigate from One Point on the Ground to Another Point While Dismounted		
(13) 071-329-1002. Determine Grid Coordinates of a Point on a Military Map		
(14) 071-329-1003. Determine a Magnetic Azimuth Using a Lensatic Compass		
(15) 071-329-1004. Determine the Elevation of a Point on the Ground Using a Map		
(16) 071-329-1005. Determine a Location on the Ground by Terrain Association		
(17) 071-329-1008. Measure Distance on a Map		
(18) 071-329-1009. Convert Azimuths		
(19) 071-510-0001. Determine Azimuth Using a Protractor		
(20) 071-COM-1011. Orient a Map Using a Lensatic Compass		
(21) 071-COM-1012. Orient a Map to the Ground by Map-Terrain Association		
(22) 071-329-1014. Locate an Unknown Point on a Map and on the Ground by Intersection		
(23) 071-329-1015. Locate an Unknown Point on a Map and on the Ground by Resection		
(24) 071-054-0004. Prepare an M136 Launcher for Firing		
(25) 113-610-2005. Navigate Using the Defense Advanced Global Positioning System (GPS) Receiver (DAGR)		
(26) 113-587-2002. Operate Multi-Band Inter/Intra Team Radio (MBITR)		
RANGER APFT		
PUSH UPS (minimum 49)		
SIT UPS (minimum 59)		
5 MILE RUN (maximum time of 40 minutes)		
PULL UPS (minimum 6, palms facing inward)		
COMBAT WATER SURVIVAL ASSESSMENT		
40' log walk rope drop (Capable)		
75' suspension traverse (Capable)		
Equipment removal /15m swim (remove LCE/wpn, swim 15m with ACU and boots) (Verified)		
FOOT MARCH		
Foot March 12 miles with rucksack weighting a minimum of 35 lbs and Ranger's individual load in 3 hrs or less		